BPS District Health Standards Book

Health Grade Levels

3-5 Grade Level

3-5 Grade Level (Band)

📰 **3-5 Health** *"I can ... statements"*

<div style="background-color: orange; text-align: center;">Standard 1: Growth and Development</div>

HTL-EL.s1 Understand concepts related to human growth and development, health promotion, disease prevention.

- **HTL-EL.s1.01**: Describe the relationship between health behaviors and social, emotional, physical, and mental health.
- **HTL-EL.s1.02**: Identify examples of social, emotional, physical, and mental health.
- **HTL-EL.s1.03**: Describe ways in which a safe and healthy school and community environment can promote personal health.
- **HTL-EL.s1.04**: Describe ways to prevent common childhood injuries and health problems.
- **HTL-EL.s1.05**: Describe when it is important to seek health care.
- **HTL-EL.s1.06**: Explain the stages of social, emotional, physical and mental growth and development in humans from infancy to late adulthood.
- **HTL-EL.s1.07**: Define abstinence in relation to health behaviors.

<div style="background-color: orange; text-align: center;">Standard 2: Health Influences</div>

HTL-EL.s2 Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **HTL-EL.s2.01**: Describe how family influences personal health behaviors.
- **HTL-EL.s2.02**: Identify the influence of culture on health behaviors.
- **HTL-EL.s2.03**: Identify how peers can influence health behaviors.

- **HTL-EL.s2.04**: Describe how the school and community can support personal health practices and behaviors.
- **HTL-EL.s2.05**: Explain how media and technology influences personal health behaviors.

Standard 3: Access Health Information

HTL-EL.s3 Demonstrate the ability to access valid health information, products and services.

- **HTL-EL.s3.01**: Identify characteristics of valid health information, products, and services.
- **HTL-EL.s3.02**: Locate resources from home, school, and community that provide valid health information.

Standard 4: Communication Skills

HTL-EL.s4 Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **HTL-EL.s4.01**: Demonstrate effective verbal and nonverbal communication skills to enhance health.
- **HTL-EL.s4.02**: Demonstrate refusal skills that avoid or reduce health risks.
- **HTL-EL.s4.03**: Demonstrate nonviolent strategies to manage or resolve conflict.
- **HTL-EL.s4.04**: Demonstrate how to ask for assistance to enhance personal health.

Standard 5: Decision Making

HTL-EL.s5 Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

- **HTL-EL.s5.01**: Identify health-related situations that might require a thoughtful decision.
- **HTL-EL.s5.02**: Analyze when assistance is needed when making a health-related decision.
- **HTL-EL.s5.03**: List healthy options to health-related issues or problems.
- **HTL-EL.s5.04**: Predict the potential outcomes of each option when making a health related decision.
- **HTL-EL.s5.05**: Choose a healthy option when making a decision.
- **HTL-EL.s5.06**: Describe the outcomes of a health-related decision.

Standard 6: Goal Setting

HTL-EL.s6 Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce risks.

- **HTL-EL.s6.01**: Set a personal health short-term goal and track progress toward its achievement.
- **HTL-EL.s6.02**: Identify resources to assist in achieving a personal health goal.

Standard 7: Health Practices

HTL-EL.s7 Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- **HTL-EL.s7.01**: Identify responsible personal health behaviors.
- **HTL-EL.s7.02**: Demonstrate healthy practices and behaviors to maintain or improve personal health.
- **HTL-EL.s7.03**: Demonstrate health behaviors to avoid or reduce health risks.

Standard 8: Health Advocacy

HTL-EL.s8 Demonstrate the ability to advocate for personal, family, and community health.

- **HTL-EL.s8.01**: Express opinions and give accurate information about health issues.
- **HTL-EL.s8.02**: Encourage others to make positive health choices.